



Easy Pepper Omelette

This tasty pepper omelette is a super quick and easy recipe to make with your little ones! If you've got them, add other vegetables to give your omelette extra colour. This is a great recipe to help develop children's cooking skills, such as whisking and chopping.

Ingredients- makes 1

- 2 eggs
- Half an onion
- 1/2- 1 bell pepper
- 1tsp vegetable oil
- Black pepper

Equipment

- Mixing bowl
- Fork
- Child friendly knife
- Chopping board
- Frying pan
- Wooden spoon
- Spatula

Recipe Method

- 1) **Parent and child:** peel and finely chop the onion. Core and chop the pepper into strips or small pieces

 - 2) **Parent and child:** crack the eggs into the mixing bowl and use a fork to beat. Add a little black pepper, to taste

 - 3) **Parent:** heat the oil in a frying pan on a medium- high heat. Add the onions and peppers and cook until soft (around 4-5 minutes)

 - 4) **Parent:** lower the heat to low- medium and pour the eggs into the frying pan. Tilt the pan slightly from one side to another to allow the eggs to cover the surface of the pan completely

 - 5) **Parent:** cook the omelette until the eggs are set and the base is golden (around 3-4 minutes).

 - 6) **Serve and enjoy together :)**
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Opportunities for Learning

Develop cooking skills: cracking eggs, whisking, chopping

Learning: ask your child questions, such as:

- how many eggs are in the carton?
- what colours are the vegetables we're using?
- what will we see when we cut open the pepper?
- what is the yellow of the egg called?
- which of these spoons is a teaspoon?